<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bosco</strong></td>
<td>Cheesy Breadsticks WG w/ Homemade Marinara Sauce</td>
<td>Fresh Baked Pepperoni<strong>Pizza 5&quot; Personal Rnd Pizza</strong>* WG</td>
<td>Fresh Baked Sch Pizza</td>
<td>Pepperoni Calzone WG</td>
<td>Fresh Baked Sch Pizza</td>
</tr>
<tr>
<td><strong>Grill Line</strong></td>
<td>Chicken Filet Sandwich Corn Dog</td>
<td>Chicken Filet Sandwich</td>
<td>Dipping Ckn Tender Sand.</td>
<td>Chicken Filet Sandwich</td>
<td>Chicken Filet Sandwich</td>
</tr>
<tr>
<td><strong>T.Bacon Cheese steakburger</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Line</strong></td>
<td>Popcorn Chicken w/ Mini Roll</td>
<td>Plain/Buffalo Bites w/ Sch-made WG roll</td>
<td>Popcorn Chicken w/ Mini Roll</td>
<td>Asian Chicken Nuggets w/ Breadstick</td>
<td>Plain/Buffalo Bites w/ Sch-made WG roll</td>
</tr>
<tr>
<td><strong>International Line</strong></td>
<td>Chinese &quot;takeout&quot; Sweet&amp; Sour or Gen Tso Ckn over Fried Rice</td>
<td>Fiestas - Your Way</td>
<td>All-Amer Grilled Cheese Sand.</td>
<td>Nachos w/ Cheese*** &amp; Meat</td>
<td>Italian Spaghetti &amp; Meatballs</td>
</tr>
<tr>
<td><strong>Sub/Wraps Entrees</strong></td>
<td>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
<td>Buffalo Chicken Wrap</td>
<td>Rotisserie Chicken Wrap</td>
<td>SW Turkey Wrap</td>
</tr>
<tr>
<td><strong>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J</strong>*</td>
<td></td>
<td></td>
<td>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
</tr>
<tr>
<td><strong>Salad Meal Choice w/ crackers &amp; choice of 3 fruit/vegetable sides below (Vegetarian Salad</strong>* available as requested)**</td>
<td>Chef Salad</td>
<td>Turkey Chef Salad</td>
<td>Veggie Salad w/ egg or cheese</td>
<td>Chef Salad</td>
<td>Chef Salad</td>
</tr>
<tr>
<td><strong>WITH CHOICE OF 4</strong></td>
<td>Seasoned Potato Wedges</td>
<td>Classic Crinkle Fries</td>
<td>Roasted or Buffalo Cauliflower</td>
<td>Shoestring Sweet Potatoes</td>
<td>AuGratin Potatoes</td>
</tr>
<tr>
<td><strong>WITH CHOICE OF 4</strong></td>
<td>Green Garden Salad w/ Beets</td>
<td>Roasted Corn</td>
<td>Green Beans</td>
<td>Steamed Broccoli Florets</td>
<td>Sonoma Vegetables</td>
</tr>
<tr>
<td><strong>WITH CHOICE OF 4</strong></td>
<td>Asian Veggie Blend</td>
<td>Fresh Spinach Salad</td>
<td>Grape Tomatoes</td>
<td>Cool Cucumber slices</td>
<td>Kale &amp; Craisin Side Salad</td>
</tr>
<tr>
<td><strong>WITH CHOICE OF 4</strong></td>
<td>Ranch-style Beans</td>
<td>Mini Carrots</td>
<td>Seasoned Black Beans</td>
<td>Sliced Pears</td>
<td></td>
</tr>
<tr>
<td><strong>WITH CHOICE OF 4</strong></td>
<td>Sliced Peaches</td>
<td>Froz Berry or Peach Cup</td>
<td>Pineapple tidbits</td>
<td>Sliced Peaches</td>
<td></td>
</tr>
<tr>
<td><strong>WITH CHOICE OF 4</strong></td>
<td>Flavored Applesauce Cup</td>
<td>Fruit Cocktail</td>
<td>Orange Wedges</td>
<td>Frozen Berry or Peach Cup</td>
<td></td>
</tr>
<tr>
<td><strong>WITH CHOICE OF 4</strong></td>
<td>4 oz 100% juice*</td>
<td>4 oz 100% juice*</td>
<td>4 oz 100% juice*</td>
<td>4 oz 100% juice*</td>
<td></td>
</tr>
<tr>
<td><strong>WITH</strong></td>
<td>Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
</tr>
</tbody>
</table>

**Note:** Availability of food and special school activities may require changes in menus on very short notice.

**$3.75 meal/$2.70 meal**  
*only 1 fruit juice carton per meal  
**turkey  
***Vegetarian option  

**Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options.
## FORSYTH COUNTY SCHOOLS  Food & Nutrition Services

**High School Recommended Menu**

**Week 2  Winter 2019-20**


for specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pizza Line</strong></td>
<td><strong>Grill Line</strong></td>
<td><strong>Chicken Line</strong></td>
<td><strong>International Line</strong></td>
<td><strong>Sub/Wraps Entrees</strong></td>
</tr>
<tr>
<td>Brd Mozzarella Sticks*** WG w/ Fresh Tomato Basil Soup</td>
<td><strong>Chicken Filet Sandwich</strong></td>
<td>Popcorn Chicken w/ Mini Roll</td>
<td>All-Amer BBQ Sandwich (Pork or Turkey)</td>
<td><strong>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J</strong>*</td>
</tr>
<tr>
<td>Fresh Baked Sch Pizza</td>
<td>Fresh Baked Pepperoni<strong>Pizza 5” Personal Rnd Pizza</strong>* WG</td>
<td>Popcorn Chicken w/ Mini Roll</td>
<td><strong>Fiestas - Your Way</strong></td>
<td>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
</tr>
<tr>
<td>Fresh Baked Pepperoni<strong>Pizza 5” Personal Rnd Pizza</strong>* WG</td>
<td>Hot Buffalo Drums w/ Roll</td>
<td>Asian Chicken Nuggets w/ Breadstick</td>
<td>Grain choice: 10” soft Tortilla, Brown Rice or Nacho Chips</td>
<td>Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
</tr>
<tr>
<td>Fresh Baked Sch Pizza</td>
<td>Fresh Baked Sch Pizza</td>
<td>Buffalo Chicken Wrap</td>
<td>Meat choice: Seasoned ckn or beef</td>
<td>Buffalo Chicken Wrap</td>
</tr>
<tr>
<td>Fresh Baked Sch Pizza</td>
<td>Buffalo Chicken Pizza WG</td>
<td>Roastisserie Chicken Wrap</td>
<td>Beans: Black, Pintos or Refried</td>
<td>Turkey Or Ham &amp; Cheese Sub Smackers PB&amp;J***</td>
</tr>
<tr>
<td>Buffalo Chicken Pizza WG</td>
<td>Buffalo Chicken Pizza WG</td>
<td>Turkey Or Ham &amp; Cheese Sub</td>
<td>Plus 10 Topping choices!!</td>
<td>Smackers PB&amp;J***</td>
</tr>
</tbody>
</table>

**Salad Meal Choice w/ crackers & choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)**

<table>
<thead>
<tr>
<th>Chef Salad</th>
<th>Turkey Chef Salad</th>
<th>Veggie Salad w/ egg or cheese</th>
<th>Chef Salad</th>
<th>Chef Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cobb Salad</td>
<td>California Salad</td>
<td>Rotisserie Chicken Salad</td>
<td>California Chicken Salad</td>
<td>Buffalo Chicken Salad</td>
</tr>
</tbody>
</table>

**Vegetarian Choice*** Offered as requested & when another vegetarian entree is not available - check school for options

### WITH CHOICE OF 4

<table>
<thead>
<tr>
<th>Crinkle Cut Fries</th>
<th>Seasoned Potato Wedges</th>
<th>Seasoned Green Beans</th>
<th>Shoestring Swt Potatoes</th>
<th>Crinkle Cut Fries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemade Baked Beans</td>
<td>Sweet Green Peas</td>
<td>Roasted Butternut Squash</td>
<td>Steamed Broccoli</td>
<td>Fresh Southern Greens</td>
</tr>
<tr>
<td>Coleslaw</td>
<td>Cucumbers &amp; Cauliflower</td>
<td>Crunchy Celery Logs</td>
<td>Seasoned Black Beans</td>
<td>Mini Carrots in bag</td>
</tr>
<tr>
<td>Leaf Lettuce &amp; Tomato slice</td>
<td>Spinach Salad</td>
<td>Caesar Salad</td>
<td>Leaf Lettuce &amp; tomato</td>
<td>Tossed Garden Salad</td>
</tr>
<tr>
<td>Fruit Cocktail</td>
<td>Pineapple Tidbits</td>
<td>Flavored Applesauce cup</td>
<td>Sliced Peaches</td>
<td>Mandarin Oranges</td>
</tr>
<tr>
<td>Sweet Sliced Strawberries</td>
<td>Sliced Pears</td>
<td>Ruby Grapefruit w/ honey</td>
<td>Orange Wedges</td>
<td>Diced Peach cup</td>
</tr>
<tr>
<td>4 oz 100% juice*</td>
<td>4 oz 100% juice*</td>
<td>4 oz 100% juice*</td>
<td>4 oz 100% juice*</td>
<td>4 oz 100% juice*</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
</tr>
</tbody>
</table>

**WITH Lowfat Milk Choice**

| Lowfat Milk Choice | Lowfat Milk Choice | Lowfat Milk Choice | Lowfat Milk Choice | Lowfat Milk Choice |

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*Note: Availability of food and special school activities may require changes in menus on very short notice.*

This institution is an equal opportunity provider. $3.75 meal/$2.70 meal

Dark green vegetable serving  Red/Orange vegetable serving  Legume vegetable serving  Grains are WG=Whole grain rich

Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options

*only 1 fruit juice carton per meal **turkey

***Vegetarian option
## FORSYTH COUNTY SCHOOLS  Food & Nutrition Services

### High School Recommended Menu

**Week 3  Winter 2019-20**

Served weeks of:  Nov 18-20,  Jan 7-10,  Feb 3-7,  Mar 2-6

For specific school menu go to:  [www.mealviewer.com](http://www.mealviewer.com)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Pizza Line**  
Bosco Cheesy Breadsticks WG w/ Homemade Marinara  
Buffalo Chicken Pizza WG  
Fresh Baked Pepperoni**Pizza  
5” Personal Rnd Pizza*** WG  
Buffalo Chicken Pizza WG  
Pepperoni Calzone WG w/ Warm Dipping sauce |  
Cheesy Breadsticks WG  
Buffalo Chicken Pizza WG  
Dripping Ckn Tender Sand.  
Chicken Filet Sandwich  
T.Bacon Cheese steakburger |  
Fresh Baked Sch Pizza  
Dripping Ckn Tender Sand.  
Chicken Filet Sandwich  
T.Bacon Cheese steakburger |  
Fresh Baked Sch Pizza  
5” Personal Rnd Pizza*** WG  
Buffalo Chicken Pizza WG  
Pepperoni Calzone WG w/ Warm Dipping sauce |  
Figaro Cheesy Breadsticks WG  
Buffalo Chicken Pizza WG  
Dripping Ckn Tender Sand.  
Chicken Filet Sandwich  
T.Bacon Cheese steakburger |

| **Grill Line**  
Chicken Filet Sandwich  
Corn dog  
Buffalo Chicken Pizza WG  
5” Personal Rnd Pizza*** WG  
Buffalo Chicken Pizza WG  
Spicy/Fish Filet on Bun OR Grilled Cheese Sandwich  
Homemade Broccoli Chz Soup |  
Chicken Filet Sandwich  
Dripping Ckn Tender Sand.  
Chicken Filet Sandwich  
T.Bacon Cheese steakburger |  
Chicken Filet Sandwich  
Dripping Ckn Tender Sand.  
Chicken Filet Sandwich  
T.Bacon Cheese steakburger |  
Chicken Filet Sandwich  
Dripping Ckn Tender Sand.  
Chicken Filet Sandwich  
T.Bacon Cheese steakburger |  
Chicken Filet Sandwich  
Dripping Ckn Tender Sand.  
Chicken Filet Sandwich  
T.Bacon Cheese steakburger |

| **Chicken Line**  
Popcorn Chicken  
w/ Mini Roll |  
Plain/ Buffalo Bites  
w/ Sch-made WG roll |  
Popcorn Chicken  
w/ Mini Roll |  
Asian Chicken Nuggets  
w/ Breadstick |  
Plain/ Buffalo Bites  
w/ Cheesy Biscuit |

| **International Line**  
Rotisserie Chicken Pot Pie  
Warmin WG Mini Roll |  
Fiestas - Your Way  
Grain choice: 10” soft Tortilla, Brown Rice or Nacho Chips  
Meat choice: Seasoned ckn or beef |  
T.BBQ** Street Tacos  
Nachos w/ Cheese*** & Meat  
Spicy/Fish Filet on Bun OR Grilled Cheese Sandwich  
Homemade Broccoli Chz Soup |  
Rotisserie Chicken Pot Pie  
Grain choice: 10” soft Tortilla, Brown Rice or Nacho Chips  
Meat choice: Seasoned ckn or beef |  
Rotisserie Chicken Pot Pie  
Grain choice: 10” soft Tortilla, Brown Rice or Nacho Chips  
Meat choice: Seasoned ckn or beef |  
Rotisserie Chicken Pot Pie  
Grain choice: 10” soft Tortilla, Brown Rice or Nacho Chips  
Meat choice: Seasoned ckn or beef |  
Rotisserie Chicken Pot Pie  
Grain choice: 10” soft Tortilla, Brown Rice or Nacho Chips  
Meat choice: Seasoned ckn or beef |

| **Sub/Wraps Entrees**  
Turkey Or Ham & Cheese Sub Smackers PB&J*** |  
Turkey Or Ham & Cheese Sub Smackers PB&J*** |  
Turkey Or Ham & Cheese Sub Smackers PB&J*** |  
Turkey Or Ham & Cheese Sub Smackers PB&J*** |  
Turkey Or Ham & Cheese Sub Smackers PB&J*** |

| **Salad Meal Choice w/ crackers & choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)** |  
Chef Salad  
Cobb Salad  
Cobb Salad  
Chef Salad  
Chef Salad |  
Turkey Chef Salad  
California Salad  
California Salad  
California Chicken Salad  
Buffalo Chicken Salad |  
Vegetable Salad w/ egg or cheese  
Rotisserie Chicken Salad  
Rotisserie Chicken Salad  
California Chicken Salad  
Buffalo Chicken Salad |

| **Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options** |  
WITH CHOICE OF 4  
Classic Crinkles Fries  
Roasted Summer Squash  
Asian Veggie Blend  
Leaf Lettuce & Tomato  
Froz Berry cup  
Pineapple Tidbits  
4 oz 100% juice*  
Fresh Fruit |  
WITH CHOICE OF 4  
Roasted Corn  
Mixed Vegetables  
Kale & Cranisn Salad  
Harvest Cooked Carrots  
Raisins or Craisins  
Sliced Peaches  
4 oz 100% juice*  
Fresh Fruit |  
WITH CHOICE OF 4  
Seasoned Potato Wedges  
Green Beans  
Coleslaw  
Tossed Garden Salad  
Hot Cinnamon Apples/Pears  
Mandarin Oranges  
4 oz 100% juice*  
Fresh Fruit |  
WITH CHOICE OF 4  
Shoestring Sweet Potatoes  
Seasoned Pintos  
Steamed Broccoli  
Celery Logs  
Flavored Applesauce cup  
Sliced Pears  
4 oz 100% juice*  
Fresh Fruit |  
WITH CHOICE OF 4  
Crinkle Fries  
Sonoma Blend Veggies  
Tossed Garden Salad  
Mini Carrots in a bag  
Sliced Peaches  
Sweet Froz Berry/Peach cup  
4 oz 100% juice*  
Fresh Fruit |

| WITH Lowfat Milk Choice | WITH Lowfat Milk Choice | WITH Lowfat Milk Choice | WITH Lowfat Milk Choice | WITH Lowfat Milk Choice |

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**Note:** Availability of food and special school activities may require changes in menus on very short notice.

This institution is an equal opportunity provider.

*only 1 fruit juice carton per meal

**turkey

***Vegetarian option

Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options

$3.75 meal  $2.70 meal
# High School Recommended Menu

**Week 4** Winter 2019-20

Served weeks of: Dec 2-6, Jan 13-17, Feb 10-13, Mar 9-12

[For specific school menu go to: www.mealviewer.com](http://www.mealviewer.com)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizza Line</td>
<td>Grill Line</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Bread Pizza*** w/ Warm Dipping sauce</td>
<td>Fresh Baked Sch Pizza</td>
<td>Fresh Baked Pepperoni** Pizza 5” Personal Rnd Pizza*** WG</td>
<td>Fresh Baked Sch Pizza</td>
<td>Fresh Baked Sch Pizza</td>
</tr>
<tr>
<td>Grill Line</td>
<td>Grill Line</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Filet Sandwich T.Bacon Cheese steakburger</td>
<td>Fresh Baked Sch Pizza</td>
<td>Hot Buffalo Drums w/ Roll</td>
<td>Chicken Filet Sandwich</td>
<td>Chicken Filet Sandwich</td>
</tr>
<tr>
<td>Chicken Line</td>
<td>Grill Line</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Popcorn Chicken w/ Mini Roll</td>
<td>Plain/Buffalo Bites w/ Sch-made WG roll</td>
<td>Popcorn Chicken w/ Mini Roll</td>
<td>Asian Chicken Nuggets w/ Breadstick</td>
<td>Plain/Buffalo Bites w/ Sch-made WG roll</td>
</tr>
<tr>
<td>International Line</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Flatbread Foldover</td>
<td>Fiestas - Your Way</td>
<td>Italian Brd Mozzarella Sticks*** w/ Homemade Tomato Basil Soup</td>
<td>Nachos w/ Cheese*** &amp; Meat w/ Tortilla chips</td>
<td>Hearty Chili or Taco Soup w/ Tortilla chips</td>
</tr>
<tr>
<td>Sub/Wraps Entrees</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey Or Ham &amp; Cheese Sub Smuckers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smuckers PB&amp;J***</td>
<td>Buffalo Chicken Wrap</td>
<td>Rotisserie Chicken Wrap</td>
<td>SW Turkey Wrap</td>
</tr>
<tr>
<td>Turkey Or Ham &amp; Cheese Sub Smuckers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smuckers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smuckers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smuckers PB&amp;J***</td>
<td>Turkey Or Ham &amp; Cheese Sub Smuckers PB&amp;J***</td>
</tr>
<tr>
<td>Salad Meal Choice w/ crackers &amp; choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chef Salad</td>
<td>Turkey Chef Salad</td>
<td>Veggie Salad w/ egg or cheese</td>
<td>Chef Salad</td>
<td>Chef Salad</td>
</tr>
<tr>
<td>Cobb Salad</td>
<td>California Salad</td>
<td>Rotisserie Chicken Salad</td>
<td>California Chicken Salad</td>
<td>Buffalo Chicken Salad</td>
</tr>
<tr>
<td>Vegetarian Choice***</td>
<td>Offered as requested &amp; when another vegetarian entrée is not available - check school for options</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WITH CHOICE OF 4</td>
<td>WITH CHOICE OF 4</td>
<td>WITH CHOICE OF 4</td>
<td>WITH CHOICE OF 4</td>
<td>WITH CHOICE OF 4</td>
</tr>
<tr>
<td>Au Gratin Potatoes</td>
<td>Golden Corn</td>
<td>Seasoned Potato Wedges</td>
<td>Shoestring Sweet Potatoes</td>
<td>Crinkle Fries</td>
</tr>
<tr>
<td>Ranch-style Beans</td>
<td>Roasted Butternut Squash</td>
<td>Green Beans</td>
<td>Steamed Broccoli</td>
<td>Mini Carrots in bag</td>
</tr>
<tr>
<td>Leaf Lettuce &amp; Tomato</td>
<td>Sweet Green Peas</td>
<td>Crunchy Celery Logs</td>
<td>Carrot Soufflé</td>
<td>Roasted Cabbage</td>
</tr>
<tr>
<td>Fresh Southern Greens</td>
<td>Fresh Tomato, Cuke &amp; Feta salad</td>
<td>Caesar Salad</td>
<td>Leaf Lettuce &amp; Tomato</td>
<td>Sliced Cool Cucumbers</td>
</tr>
<tr>
<td>Sliced Peaches</td>
<td>Frozen Diced Fruit Cup</td>
<td>Hot Cinnamon Apples/Pears</td>
<td>Flavored Applesauce cup</td>
<td>Pineapple Tidbits</td>
</tr>
<tr>
<td>Pineapple Tidbits</td>
<td>Ruby Grapefruit wedges w/ honey 4 oz 100% juice*</td>
<td>Mandarin Oranges 4 oz 100% juice*</td>
<td>Fruit Cocktail</td>
<td>Sliced Pears</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>WITH Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
<td>Lowfat Milk Choice</td>
</tr>
</tbody>
</table>

**Note:** Availability of food and special school activities may require changes in menus on very short notice.

This institution is an equal opportunity provider.

$3.75 meal/ $2.70 meal

*only 1 fruit juice carton per meal

**turkey

Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options

**Vegetarian option

##FORSYTH COUNTY SCHOOLS Food & Nutrition Services

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Dark green vegetable serving
Red/Orange vegetable serving
Legume vegetable serving
Grains are WG=Whole grain rich

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The table above provides the recommended menu for High School students for the week of December 2-6, January 13-17, February 10-13, and March 9-12, 2019-2020. The menu includes options such as pizza, grilled items, chicken line, and international line, each with multiple choices. The menu also includes salad options, vegetarian choices, and notes on availability of food and special school activities. The institution ensures equal opportunity for all students.